



THE | SAGE

March/April 2022

Connecting Lexington residents age 60+ to information, programs, and services.

HUMAN SERVICES STAFF

Mon-Fri, 8:30 a.m. - 4:30 p.m.

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lexingtonma.gov/human-services

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TRANSPORTATION

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HOME DELIVERED MEALS

888-222-6171

Michelle's Minutes

**"I enjoy the spring more than the autumn now.
One does, I think, as one gets older." Virginia Woolf**

Spring is just around the corner! Warmer weather, spring flowers, and more chances for social interaction are just ahead. Like everyone else, we are so excited to move forward and start seeing people again! We have had a long winter and have been planning more program launches and expansions for the spring. Great News - **Trips are back!** Sign up for the trips starts immediately. Try something new this Spring; register for one of our programs.

Meet and Greet Human Services Staff, Wednesday, April 27, from 10:00 - 11:00 a.m.

Get to know the staff by joining us for coffee and a muffin. Find out what each member of our team does. We hope you can join us, as we look forward to seeing you in person. Bring a friend! **Sign-up at 781-698-4840 or on-line at LexRecMa.com.**

April is National Volunteer month

Volunteer Month celebrates the impact volunteers have on our lives. The Human Services department depends on volunteers to help us with a variety of jobs. Interested in volunteering at the Community Center, contact Paula at 781-698-4845.

Do you Have a Bright Idea?

The Friends of the Lexington Council on Aging are pleased to announce that they are accepting applications for the Bright Ideas Grant Program. The grant provides a maximum of up to \$3000 for the best idea for new Senior programming or improvement to an existing program, and/or a suggestion that incorporates a technology or device which will improve the everyday lives of Seniors.



Previous grants have included the start-up and publication of Lexington *LifeTimes*, the creative arts journal featuring works by Lexington seniors; the purchase of assistive hearing devices available at Cary Library; and the sensory garden planted and maintained by the Lexington Field and Garden Club at the Community Center.

Proposals can be made by Lexington residents and organizations as well as Lexington Town employees currently serving Lexington Seniors. Applications and additional information are available at www.friendsoftheco.org and also at the Community Center. Applications are due March 31, 2022, and can be submitted to the Community Center or on-line to BrightIdeas@FriendsoftheCOA.org.

Grants will be awarded in May 2022. Your good ideas are eagerly awaited. Submit your application today.

Human Services sign-up begins February 16 for residents/February 23 for nonresidents at 781-698-4840 or online at LexRecMa.com

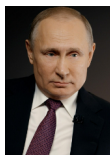
Sign-Up Programs at the Community Center

Sign-up begins February 16 for residents/February 23 for nonresidents
at 781-698-4840 or online at LexRecMa.com

"Vladimir Putin" with Henry Quinlan

Wednesday, March 2, 3:00 - 4:00 p.m. - Virtual

Henry Quinlan will take a look at the career of Vladimir Putin, as an autocrat who is corrupt, competent and an environmentalist. There are many reasons his popularity stays above 60%. Examine the policies and actions that could lead to a new "Cold War."



Take Control of Your Health and Fitness - Virtual

Monday, March 7, 1:00 - 2:00 p.m.

Dr. Stare will dispel myths, present clear facts, address common obstacles, and show real world examples of how these strategies work. He will reveal the truth about what really works to lose body fat, reduce disease, and improve performance so you look and feel your best. Presented by Orthopaedics Plus Physical Therapy, PC.



Ukelele Players - In Person

Tuesday, March 8, 2:00 - 3:00 p.m.

The A&W Ukelele Players comprises ukulele enthusiasts from all over the greater Boston area. For the last four years, they have been delighting audiences with their mix of holiday songs and tunes spanning the decades from the 1920s to 2010s.



Life Transition Binder - Virtual

Wednesday, March 9, 10:00 - 11:00 a.m.

Join Sandra Batra as she explains how you can create a customized binder that incorporates all your life details, including: personal data, property, financial, retirement and insurance details, medical, and service provider information. This will give you and your loved ones peace of mind and provide them with direction and guidance.

Dale Tamburro: Priorities For Estate and Elder Clients

In-Person, Wednesday, March 9, 1:00 - 2:00 p.m.

Dale talks about the 10 Priorities: 1. Disability Management; 2. Housing Options; 3. Avoiding Probate; 4. Save on Taxes; 5. Review Contingent Beneficiaries; 6. Avoiding Mishaps in Your Estate Recipients; 7. Explain the Use of Trusts; 8. Asset Protection; 9. Family Harmony 10. Estate Planning.

Senior Fraud and Scam Prevention - Virtual

Thursday, March 10, 10:00 - 11:00 a.m.

Join the State Treasurer's Office of Economic Empowerment and People's United Bank for a financial education workshop. This workshop will focus on fraud and scam prevention, banking, credit, financial recovery and more.



St. Patricks Lunch \$5 - In Person

Thursday, March 10, 12:00 - 1:00 p.m.

Enjoy a traditional Irish boiled dinner and dessert. Catered by Whitson's. **Sponsored by the FCOA.**
5 business days notice required for refund.



Expressive Art - Glass Art - In Person

Monday, March 14, 10:00 - 11:45 a.m.

We will be creating our own Mondrian glass painting on mason jars. Erica will walk you through all the steps for this easy project. Create your jar the way you want.

One person per household please.



Technology with Howard - In Person

Wednesday, March 16, 11:00 a.m. - 12:00 p.m.

Do you need help with iphone, tablet or laptop? One-on-one (20 min.) technical help with Howard. If you have questions about your device bring it with you.



Nutrition Talk: Bone Health & Nutrition - In Person

Friday, March 18, 11:00 a.m. - 12:00 p.m.

Come learn about which vitamins, minerals and lifestyle choices are recommended for the prevention and treatment of bone disease. Catherine York, MPH, RD, LDN, from Minuteman Senior Services will discuss the services that are available for seniors through MSS.

Simplify Your Home. Downsize - Virtual

Wednesday, March 23, 2:00 - 3:00 p.m.

Join Beth Sager and learn tips and tricks to make any housing transition the smoothest possible, our webinar will help you clean out that garage or prepare for your next move!



Cooking with Anastasia: Salted Cod Croquettes - Virtual

Friday, March 25, 11:00 a.m. - 12:00 p.m.

We'll prepare the traditional dish eaten annually on Greek Independence Day, March 25: "Bakaliaro me Skordalia."

Loneliness: A State of Mind - In Person

Wednesday, April 6, 1:30 - 2:30 p.m.

During the Covid Pandemic many folks have been experiencing feelings of loneliness. Or perhaps other times in your daily life you have felt lonely. This presentation will explore what is loneliness and what drives those feelings.



Senior Services hours are Monday - Friday, 8:30 a.m. - 4:30 p.m.

Sign-Up Programs (cont.)

Expressive Art: Zentangles and Watercolors - *In Person* Monday, April 11, 10:00 - 11:45 a.m.

Erica will teach you the basics and you will use your imagination to enhance your own drawing.
One person per household please.



Technology with Howard - *In Person*

Wednesday, April 13, 11:00 a.m. - 12:00 p.m.

One-on-one (20 min.) technical help with Howard. Still wondering how to use a device, bring it in and learn how it is used.

Dale Tamburro - Pick the Perfect Trust(s) - *in Person*

Wednesday, April 13, 2:00 - 3:00 p.m.

Everyone should have an estate plan. Failing to appropriately plan can lead to family conflict, unexpected taxes and higher probate costs. Many people think a simple will is the answer. Unfortunately, wills aren't enough to do the job. An estate plan should include the use of one or more trusts, which are often used in conjunction with, or in addition to, a will.



Nutrition Talk: Irritable Bowel Syndrome (IBS) - *In-Person*

Friday, April 15, 11:00 a.m. - 12:00 p.m.

April is IBS Awareness Month. Learn about the best dietary approaches and lifestyle choices to manage this condition.

April Chinese Lunch \$5 - *In Person*

Tuesday, April 19, 12:00 - 1:00 p.m.

Enjoy a sampling of Chinese food: chicken finger, crab rangoon, rice and veggies. **Sponsored by the FCOA.**
5 business days notice required for refund.

Cooking with Anastasia:

Greek Lamb Fricassee - *Virtual*

Friday, April 22, 11:00 a.m. - 12:00 p.m.

We'll learn an easy and heart-healthy way to cook lamb with greens in an egg-lemon stew.



String Quartet - *In Person*

Monday, April 25, 7:00 - 8:00 p.m.

Music from Lexington Symphony - an intimate evening of chamber music featuring a string quartet from Lexington's own professional orchestra.
Sponsored by the Dana Home Foundation.



Human Services Staff Meet & Greet - *In Person*

Wednesday, April 27, 10:00 - 11:00 a.m.

Get to know the staff by joining us for coffee and a muffin. Find out what each member of our team does.

Sign-up begins February 16 for residents/February 23 for nonresidents at 781-698-4840 or online at LexRecMa.com

Free Drop-In Programs

Needles Club:

Mondays, March 7 - April 25, 2:00 - 4:00 p.m.

Watercolors:

Tuesdays, March 1 - April 26, 10:00 a.m.

Indian Seniors of Lexington Group:

Tuesdays, March 1 - April 26, 10:00 a.m.

World Affairs:

Tuesdays, March 1 - April 26, 1:15 p.m.

Mahjong:

Wednesdays, March 2 - April 27, 10:00a.m.

Bridge:

Wednesdays, March 2 - April 27, 1:00 p.m.

Cornhole:

Wednesdays, March 2 - April 27, 1:30 p.m.

Canasta:

Thursdays, March 3 - April 28, 11:00 a.m.

Current Events:

Fridays, March 4 - April 29, 1:15 p.m.

Drop-in Technology w/Intergenerational Club:

Thursday, March 10, 3:30 - 4:30 p.m.

Thursday, April 14, 3:30 - 4:30 p.m.

Have questions or need help with phone, internet, ipad or computer? Come with your device and your questions. Prefer zoom? Email

mkelleher@lexingtonma.gov



Movies - Tuesdays at 1:30 p.m.

A Beautiful Day in the Neighborhood - March 1

Drama Based on Real Life, PG (108 min.)

Here Today - March 22

Showbiz Comedy, PG-13 (117 min.)

News of the World - April 12

Drama Based on the Book, PG-13 (118 min.)

Free Guy - April 26

Action Comedy, PG-13 (115 min.)



Podiatry Clinic

Monday, March 7 & April 4, 8:30 - 11:45 a.m.

Dr. Dan Seligman provides 10-minute appointments for trimming and filing ONLY. \$35 cash or check payable to the doctor. 24 hours notice required for cancellation.

Sign up begins February 16 at 781-698-4840.

Please note: at the doctors's request appointments are made in order starting at 8:30 a.m.

Fix-It Shop

Your local hub for small household repairs!

Open Tuesday, Wednesday & Thursday. 9:00 a.m. - 12:00 p.m.



Accepting repairs by appointment only.

Please call 781-698-4866 or 781-698-4840.

OWLL Courses



OWLL'S Spring Programs - on Zoom

Registration Required

Sign up at 781-698-4840 or
online at LexRecMa.com

Free-Speech Controversies in Public Schools Today, with Jay Heubert, J.D., Ed.D.

5 Tuesdays, March 8, 15, 22, 29, April 5, 4:00–6:00 p.m.

The U.S. is currently in a period of sharp political polarization over what students should learn about past and present racial discrimination in the U.S. This course will explore the First Amendment issues that arise when state legislatures or school boards act to suppress in-school discussion of discrimination while many students, parents, and educators believe there is an urgent need to discuss those issues in schools. Enrollment limited.

Let's Go to a Musical! with Brian O'Connell

**6 Tuesdays, March 22, 29, April 5, 12, 19, 26,
10:30 a.m.–12:00 p.m.**

This course will trace the development of Broadway's greatest musicals from the 1920s through the 1960s. We will look at some major musicals, discuss composers and lyricists, delve into their historical backgrounds, and listen to some of the delightful and memorable songs from each show.

Six Great Poets, with Cammy Thomas

**6 Wednesdays, April 13, 20, 27, May 4, 11, 18,
10:00 a.m.–12:00 p.m.**

Read and discuss great poets in the English tradition who will help you see and feel the world more fully. No experience necessary. The poets we will encounter: John Milton, John Keats, Gerard Manley Hopkins, Emily Dickinson, Elizabeth Bishop, and Gwendolyn Brooks.

There may be two additional spring courses in May that will be held in person at the Community Center, if that is possible. Look for information in the May-June Sage.

For more information, call Human Services at 781-698-4840. Find detailed course and instructor information on our website at <https://friendsofthecoa.org>.

\$25 for residents, \$50 for nonresidents.

Sign up begins February 16 for residents/February 23 for nonresidents. Sign up at 781-698-4840 or online at LexRecMa.com

Trips

Saint Patrick's Lunch & Show

Tuesday, March 15, 2022

\$89 (residents) \$99 (NR)

Depart from the Community Center, on your luxury Silver Fox Coach for a delicious luncheon and delightful entertainment at Connecticut's famous Aqua Turf. A welcome reception followed by a delicious luncheon and then a Saint Patrick's Show with Padraig Allen and The Mclean Avenue Band, who have their own sound with old Irish Celtic folklore and rock pop Celtic music of today.

Depart: 9:00 a.m. (LCC) Return: 5:30 p.m.



Newport Playhouse - "Social Security"

Thursday, April 21, 2022

\$109 (residents) \$119 (NR)

Depart from the Community Center, on your luxury Silver Fox Coach. After experiencing Newport's beautiful Ocean Drive, you're off to The Newport Playhouse and Cabaret Restaurant. Here you'll enjoy a great buffet, a wonderful play and a fun filled Cabaret performance. After lunch, you'll be whisked off to their intimate theatre where you can sit back, relax and take in the Newport Playhouse's performance of "Social Security". Sit back for a real Broadway Comedy, featuring a married couple who are attempting to save their college age daughter from the horrors of impropriety. Comic sparks fly throughout this most delightful show, and in the end, the parents learn the real lesson! After the show its back to your original table where the dining room is transformed into a captivating Cabaret.

Depart: 9:00 a.m. (LCC) Return: 6:00 p.m.



Trip Policy/Sign Up: Payment (cash, check or credit card) is required at sign-up. ***Sign up starts right away as we need to meet minimum requirement so the trip isn't cancelled.***

Itinerary subject to change upon discretion of the tour guide.

Refunds: You must provide 10 business days prior to the trip to be eligible for a refund. Without adequate notice, refunds are made at staff discretion and overnight trips may be subject to a \$50 cancellation fee.

Important: Per CDC guidelines, masks will be required at all times while traveling on the bus. FoxTours is requiring all passengers have the COVID-19 vaccine as a pre-requisite to travel to ensure safety and well-being of the group. Please bring your vaccination card with you as some vendors may require proof of vaccination.

Sign up begins February 16 for residents/February 23 for nonresidents.

Sign up at 781-698-4840 or online at LexRecMa.com

Health and Wellness

Health and Wellness Series

Thursdays, February 3 - April 7, 1:00 - 2:00 pm.

Be a Part of Regis Masters

Students' Experiential Learning.

The first 2 classes will be virtual,

then we will decide if the

remaining classes will be

in-person or virtual. In collaboration with the Regis College

Occupational Therapy program, Human Services is offering a

series of programs led by Masters of Science in Occupational

Therapy students. Catie and Madison will lead this series in

conjunction with their Level I Fieldwork Placement in Group

Dynamics to learn to use therapeutic services to promote

health, well-being and improve quality of life. Some classes

will include chair yoga, meditation, exercises, "oldies" music,

therapy/trivia, strength and balance. This series provides

them the opportunity to integrate theoretical learning to

build their skills in group leadership. Join us in supporting

their education by signing up for the series.

Participants are not required to attend all sessions.

Sign-up at 781-698-4840 or online at LexRecMa.com



Regis
COLLEGE

Blood Pressure Clinics are returning to the Community Center!

Thursday, March 3 & April 7, 10:00 - 11:30 a.m.

(Drop-in, no registration required.)



Intuitive Eating Support Group - In Person

Friday, March 11 & April 8, 1:00 - 2:00 p.m.

For people that are interested in sharpening their intuitive eating skills to make better life style changes around food and physical activity. Join others that want to support each other in making those changes. Please email Barbara at bcollins@lexingtonma.gov if interested in joining.

Barbara Collins is a registered dietitian nutritionist working with seniors on life changes in regards to nutrition and healthy eating, as well as running a support group for those interested in intuitive eating.



Barbara is available for one-on-one appointments to discuss diet and nutrition options for seniors.

**Barbara's hours are 10:00 a.m. – 2:00 p.m. on Fridays
To make an appointment call 781-698-4840**

We're happy to announce Lexington Human Services will launch the Walk Massachusetts Challenge this spring.

Walking is the most common way people remain physically active. Walking consistently has numerous physical and mental health benefits. Walking is accessible for most people whether done outside at your local park or indoors and in place on rainy days. Walking and the Walking Massachusetts challenge is a fun way to build community!




**Massachusetts
Councils On Aging**



Walk Massachusetts is a community-wide walking challenge runs May 1 - October 31, 2022 and is open to community members aged five and over. Each participant chooses from one of four predetermined challenges based on distance or frequency. Individuals who complete the challenge receive raffle prize entries for themselves and the council on aging. Individual prizes include gift cards of Visa (\$50), Amazon (\$25) and Dunkin' (\$10). Councils on aging prize levels range \$250-1,000!

An annual program run by the Massachusetts Councils on Aging (MCOA), the Walk Massachusetts challenge returns with two major improvements this year:

Originally designed for adults aged 60 and above, Walk Massachusetts is now an intergenerational initiative. Anyone aged 5-59 years old is encouraged to participate by walking and sponsoring an older adult of their choice! "Having a classroom of 5th grade children sponsoring older adults strengthens ties within the community, improves one's health and may be a catalyst for additional intergenerational learning" said Lynn Wolf, MCOA's Communications Director.

<https://mcoaonline.com/programs/keep-moving-walking-clubs/walk-massachusetts/>

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 - Watercolors 11:45 - Indian Lunch \$* 1:15 - World Affairs 1:30 - Movie 5:30 - Caregivers	2 10:00 - Mahjong 12:00 - LexCafe \$* 1:00 - Bridge 1:30 - Cornhole 2:30 - COA Meeting 3:00 - Vladimir Putin *	3 10:00 - Blood Pressure 11:00 - Canasta 1:30 - Alz. Caregiver	4 12:00 - LexCafe \$* 1:15 - Current Events
7 8:30 - Podiatry \$* 12:00 - LexCafe \$* 1:00 - Take Control * 2:00 - Needles Club	8 10:00 - Watercolors 1:15 - World Affairs 2:00 - Ukele Players *	9 10:00 - Mahjong 10:00 - Life Binder * 12:00 - LexCafe \$* 1:00 - Bridge 1:00 - Dale Tamburo * 1:30 - Cornhole	10 10:00 - Senior Fraud * 11:00 - Canasta 12:00 - St Patrick's Lunch \$* 3:30 - Drop-in Tech	11 12:00 - LexCafe \$* 1:00 - Int. Eating * 1:15 - Current Events
14 10:00 - Exp. Art * 12:00 - LexCafe \$* 2:00 - Needles Club	15 9:00 - Trip \$* 10:00 - Watercolors 1:15 - World Affairs	16 10:00 - Mahjong 11:00 - Tech Howard * 12:00 - LexCafe \$* 1:00 - Bridge 1:30 - Cornhole	17 9:30 - FCOA Meeting 11:00 - Canasta	18 11:00 - Nutrition Talk * 12:00 - LexCafe \$* 1:15 - Current Events
21 12:00 - LexCafe \$* 2:00 - Needles Club	22 10:00 - Watercolors 1:15 - World Affairs 1:30 - Movie	23 10:00 - Mahjong 12:00 - LexCafe \$* 1:00 - Bridge 1:30 - Cornhole 2:00 - Downsizing *	24 11:00 - Canasta 7:00 - Mobility Options*	25 11:00 - Cooking with Anastasia * 12:00 - LexCafe \$* 1:15 - Current Events
28 12:00 - LexCafe \$* 2:00 - Needles Club	29 10:00 - Watercolors 1:15 - World Affairs	30 10:00 - Mahjong 12:00 - LexCafe \$* 1:00 - Bridge 1:30 - Cornhole	31 11:00 - Canasta	Key Code: Registration Req. * Fee for program \$

Monday	Tuesday	Wednesday	Thursday	Friday
			Key Code: Registration Req. * Fee for program \$	1 12:00 - LexCafe \$ * 1:15 - Current Events
4 8:30 - Podiatry \$ * 12:00 - LexCafe \$ * 2:00 - Needles Club	5 10:00 - Watercolors 11:45 - Indian Lunch \$* 1:15 - World Affairs 5:30 - Caregivers	6 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 1:30 - Loneliness * 2:30 - COA Meeting	7 10:00 - Blood Pressure 11:00 - Canasta 1:00 - Alz. Caregiver	8 12:00 - LexCafe \$ * 1:00 - Int. Eating * 1:15 - Current Events
11 10:00 - Exp. Art * 12:00 - LexCafe \$ * 2:00 - Needles Club	12 10:00 - Watercolors 1:15 - World Affairs 1:30 - Movie	13 10:00 - Mahjong 11:00 - Tech Howard * 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole 2:00 - Dale Tamburo *	14 11:00 - Canasta 3:30 - Drop-In Tech	15 11:00 - Nutrition Talk * 12:00 - LexCafe \$ * 1:15 - Current Events
18 CLOSED 	19 10:00 - Watercolors 12:00 - April Lunch \$ * 1:15 - World Affairs	20 10:00 - Mahjong 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	21 9:00 - Trip \$ * 9:30 - FCOA Meeting 11:00 - Canasta	22 11:00 - Cooking with Anastasia * 12:00 - LexCafe \$ * 1:15 - Current Events
25 12:00 - LexCafe \$ * 2:00 - Needles Club 7:00 - String Quartet *	26 10:00 - Watercolors 1:15 - World Affairs 1:30 - Movie	27 10:00 - Mahjong 10:00 - Meet/Greet * 12:00 - LexCafe \$ * 1:00 - Bridge 1:30 - Cornhole	28 11:00 - Canasta	29 12:00 - LexCafe \$ * 1:15 - Current Events

Transportation

Understanding Mobility Options

Thursday, March 24, 7:00 - 8:00 p.m.

Microtransit, micromobility, autonomous vehicles, on-demand, demand-response, curb-to-curb, door-to-door, so many terms! Come to this forum to learn about all these options, learn more about what is available to you now, and discuss what may be on the horizon for the region in regards to transportation options. FREE; Virtual Session. Visit www.lexbikewalkbus.org to register.

Pedestrian & Bike Safety Fair

Saturday, March 26, 1:00 - 4:00 p.m.

Stop by to meet representatives from Friends of Lexington Bikeways, Lexington Bicycle Advisory Committee, Greenways Corridor/ACROSS Lexington, Battle Road Bikes, Safe Routes to School, Lexington Police, Transportation Services, and bring your grandkids for complementary bike helmets courtesy of Boston Childrens Injury Prevention program (helmets for youth up to age 16)! There will be lots of great information, safety tips, comradery, and bike lights, reflective gear and more! Visit: www.lexbikewalkbus.org for event link.

Bike Commuting Basics,

Saturday, April, 10:00 - 11:00 a.m.

Save the date and check www.lexbikewalkbus.org as we determine if this will be virtual, in-person or both! We will cover what you need to know to ride more safely.

Lexpress Bus Service

Lexpress is FREE for seniors and people with disabilities from 9:30 a.m.-2:30 p.m. and .75 cents outside of those hours! Visit www.lexpress.us for more info. All Lexpress routes start and end at Depot Square in Lexington Center. Lexpress is a "flag" system. Wave to driver as you wait along route to have bus stop. Low-income? Call us to see if you qualify for a free bus pass. Live too far from the route? Call us to discuss route deviation. 781-861-1210.

MBTA Senior Charlie Cards Online!

You can apply for Senior Charlie Cards online! <https://www.mbta.com/fares/reduced/senior-charliecard>
We have not hosted a Senior Charlie Card event since the start of COVID, if you are interested please let us know!

MBTA Bus Schedules

The schedule changes every few months. Please review the schedules online for Route 62 & 76 and the combined 62/76: www.mbta.com We also keep paper schedules at the Community Center, Cary Library, and Town Office Building.

Medical Ride Appointments

FISH has been operating since October 2021 to provide free rides to medical appointments. Call them at 781-861-9300 between 9:00 a.m.-1:00 p.m two days before your appointment. If FISH is unable to accommodate your ride for any reason, they will refer you to our Transportation office where we will work with you on other options. Additionally, the Lex-Connect taxi program is available.

Lex-Connect Taxi

This is a subsidized taxi program providing discounted rides to 17 area towns. Did you know you can purchase your vouchers online? Visit: www.lexingtonma.gov/transportation-services

Veterans

The Lexington/Bedford Veterans Services Department provides information regarding federal, state and local resources and benefits for Veterans. Please call Gina Rada, District Director of Veterans Services at 781-698-4848.



Lexington Veterans Association

Join us for our next presentation via Zoom webinar. It's free and open to the public. A Zoom link will be available on our website www.lexmavets.com a few days before each presentation.

Monday, March 14, 1:15 p.m.

"How to Respond to the Challenge of China?"

Presented by Joe Nye, former Dean, John F. Kennedy School of Government

Three historical analogies are currently popular to describe the challenge of China. One, based on ancient Greek history, forecasts war. A second sees the current situation as a new Cold War like 1945. A third uses the analogy of World War I where nations stumbled into war. Professor Nye is skeptical of all three and describes his own scenario of a new type of "cooperative rivalry."

Monday, April 11, 1:15 p.m.

Yorktown: The Final Battle"

Presented by Bob Lewis, Cpt, US Navy, Retired

The Siege of Yorktown highlights the brilliant command of George Washington, and the importance of America's French allies. British General Cornwallis moved his entire army to the narrow peninsula at Yorktown, allowing Washington and French commander Comte de Rochambeau, to lay siege to the Redcoats and slowly crush them. Yorktown is also the story of the greatest sea battle of the American Revolution.

Town Celebrations Committee (TCC)

**Patriots Day Weekend 2022,
April 16 - April 18**

TCC is planning the events for Patriots Day 2022. To view details and a full listing of the weekend events, please watch for updates at patriotsday.com. If you have any questions, please send them to the committee at celebrationscmte@lexingtonma.gov



Outreach

Senior Tax Program New Guidelines:

- Participants will receive an hourly rate of \$13.50.
- The maximum credit a household may earn is \$1,755 including all withholdings per fiscal year.
- The maximum number of hours per household is 130.

Participation Requirements:

- Applicants must be 60 years of age or older.
- Applicants must own property in Lexington that serves as their principal residence.
- Gross income (including **SSI income**) must not exceed \$90,000 (2020 tax return) per household (regardless of single or married status)
- Applicant's job skills must match those of an available placement within the municipality.
 - Determination of this may include an interview with the department
 - Successful match of a participant to a department will determine official acceptance into the program.
 - No participant shall be assigned work that does not match their interests and/or abilities.
- Applicants are subject to a Criminal Offender Records Investigation check.

For more information call Paula McGlynn at 781-698-4845.

Property Tax Relief for Seniors

If you are a Lexington senior aged 65 or older with a 2020 gross household income of \$90,000 or less, you can postpone paying all or any part of your property tax bill and let the value of your house pay the tax bill later. Fiscal Year 2022 deferrals will enjoy a very low simple interest rate of 0.08%. Each year's deferral is like an individual loan that doesn't have to be paid back during your lifetime or your qualifying spouse's lifetime unless home ownership is transferred or you choose to pay it off.

Call the Assessor's Office at 781-698-4578 for information about Lexington's Property Tax Deferral Program and other local tax programs.



Mass "Senior Circuit Breaker" Tax Credit

If your property tax (or 25% of your rent) exceeds 10% of your gross income, you may be eligible for a payment or tax credit from the State.

Call the Assessor's office at 781-698-4578 or visit <https://tinyurl.com/2b8pb5rt> for more information.

Home Modification/Housing Survey

As part of our Age Friendly initiatives, we are interested in the present and future housing needs of Lexington older adults. Your answers will help us in planning for potential services and programs to ensure Lexington will continue to be your home. We hope you will respond to this short survey!

1.) Which of the following best describes your current place of residence (**Choose only one**)

- a. Single Family Home
- b. Multi-family home (2, 3, or more units)
- c. Apartment, condominium or townhouse
- d. Continuing care retirement community (e.g., Brookhaven)
- e. Assisted living community (e.g., Youville Place)
- f. Other (Please specify) _____

2.) Who do you live with? (**Choose all that apply**)

- a. I live alone
- b. I live with a spouse or partner
- c. I live with a relative (e.g., children, grandchildren, parents)
- d. Other (Please specify) _____

3.) Does your current residence need home modification (e.g., grab bars in showers or railings on stairs) to improve your ability to live safely for the next few years?

- a. Yes
- b. No

4.) Are you able to take care of home maintenance activities for your current residence (e.g., snow removal, yard work) ?

- a. Yes
- b. No
- c. I am not responsible for home maintenance
- d. Other _____

5.) Have you considered moving out of Lexington due to challenges in maintaining your home either financially or physically?

- a. Yes
- b. No
- c. Other _____

6.) What type of programs or services would you like to see that would help you continue staying in your home and in Lexington? (**Choose all that apply**)

- a. Financial assistance programs for home modification
- b. Referrals for resources (e.g., handyman, shoveling, raking etc.)
- c. Additional property tax subsidies
- d. Other: _____

7.) What other challenges do you face, apart from home maintenance, that would make you consider moving out of Lexington? _____

Please submit by April 29 to Hemali Shah, Senior Services Director, 39 Marrett Road or fill out an online survey by visiting www.lexingtonma.gov/seniors



Community News

Lexington Recreation and Community Programs



Personal Trainer Judy Whitney will teach you how to be Forever Fit!

Join personal trainer, Judy Whitney, with over 30 years of experience, as she teaches you how to develop strength, improve balance, increase flexibility, stabilize the core and calm the body and mind. Forever Fit will provide individual assessments to each participant, followed by one on one and group training sessions. Commitment to attend both days per week is required. If you'd like to find out more, please attend the virtual information session on **April 4th at 1:00 p.m via zoom.**

Registration will open on March 15
<https://lexrecma.myrec.com/>

This project is supported by a grant from the Dana Home Foundation.



Pine Meadows Golf Club Opportunities:

Exciting seasonal and part-time employment opportunities are now available at Lexington's Pine Meadows Golf Club for the 2022 season. We are looking for individuals with personality and customer service skills for the Pro Shop and Starter/Ranger positions. Positions in Course Maintenance are also available. All positions provide golf benefits. For more information please contact: John Allen, GM, Pine Meadows Golf Club, New England Golf Corporation, cell: 617-538-1082, e-mail: ja4neg@verizon.net

Spring Registration will open on March 15th for your favorite fitness class such as:

- Seated Strength & Balance and Strength Training
- Zumba Gold & Zumba Toning
- Fit & Fabulous
- Yoga
- Essentrics
- Active Agers
- Circuit Training
- Pilates...and more!



Events for Adults at Cary Memorial Library

Virtual- LiteraryCafé presents: Shakespeare and Love Thursday, February 10 at 7:30 p.m.

Join Lexingtonian author, Marjan Kamali, for a fascinating discussion with author Michael Blanding whose book *North by Shakespeare* takes readers on a quest with an unlikely scholar and the use of modern technology to answer the age-old mysteries of the sources of the Bard's work. The Christian Science Monitor calls Blanding's work "the most elegant proposed solution to the authorship question to appear in many decades". Our discussion will put to rest many a mystery about the Bard of Love. Registration is required at www.caryllibrary.org/programs. Sponsored by the Cary Library Foundation.

Virtually Travel to Iceland with Bill Gette Thursday, February 17 at 7:00 pm

During his presentation, Bill will take you on a photographic tour of the Snæfellsnes Peninsula for a walk along the rugged coastline to view nesting seabirds and wildflowers, describe his visits to island fishing communities, show you the amazing volcanic and glacial features that create Iceland's rugged and awe-inspiring landscapes. Bill Gette is the Founding Director of Mass Audubon's Joppa Flats Education Center and President of the Friends of Parker River NWR, and has led two trips to Iceland. Registration is required.

Virtual -教中国老人的英文课- English for Chinese-Speaking Seniors, Saturday, February 19 at 1:00 p.m.

这是LEXCSEA (列克星敦中文高级英语学院)。我们是列克星敦高中中的一个俱乐部, 为了教中国老年人英文。我们希望能帮助打破语言的障碍, 因为这在当今困难时期尤其重要。请参加我们的Zoom课!

This is LEXCSEA (Lexington Chinese Senior English Academy). We are a club at Lexington High School that teaches English to Chinese senior citizens. Our hope is to help break down the language barrier which is especially crucial in these tough times. Come to our monthly zoom lessons to learn more!

Please register for this meeting and you will receive the program link in the confirmation and reminder notices - please check your spam folder for the emails. Contact us at caryprograms@minlib.net with any questions.

2022 Minuteman Cane Award

Do you know a person who is at least 80 years of age, a 15 year resident of Lexington, actively involved in the community and an inspiration to others (while exhibiting a creative approach to life through a choice of a second career, a hobby or volunteerism)? If so, consider nominating them for this award. Nomination forms are available in Lexington Center at Michelson's Shoe Store, Theatre Pharmacy, Wales Copy Center, and Cary Library. The form is also available on the Town website at: www.lexingtonma.gov. This outstanding award is presented on Patriots' Day. Completed forms should be submitted to Minuteman Cane Committee, c/o Lexington Community Center, 39 Marrett Road, Lexington, MA 02421

by Thursday, March 24, 2002 at noon. For more information contact Marie Hill at 781-760-9148.

Community News



2022 Lexington Town-Wide Survey

Participate Here

LexingtonMA.gov/Survey2022

(or scan the QR code below)



Vision for
Lexington
Committee

The Select Board, School Committee, and the Planning Board are committed to developing a vision of Lexington's future to guide decision making. The Vision for Lexington Committee has been asked to conduct a resident survey as was done by the Committee in 2012 and 2017. Findings from these surveys are used to identify resident beliefs to assure that Town government reflects our shared vision for Lexington.

We ask that you complete the survey to inform Town leaders of community perspectives and identify which aspects of our Town are of greatest interest and concern. This survey should take approximately 20 minutes to complete.

Thank you for your contribution to the future of Lexington.

See LexingtonMA.gov/VisionForLexington for the results of past surveys

Translations Available

[한국어번역본있습니다](#) (Korean version available)

[提供中文翻译版本](#) (Chinese version available)



The print version of the **Winter 2022 edition of Lexington LifeTimes: A Creative Arts Journal** is now available at the library at the Lexington Community Center. This ninth issue as well as all past issues are available on the Friends of the Lexington Council on Aging website: www.friendsoftheco.org.

Lexington LifeTimes showcases creative content from seniors (aged 60+) who live or work in Lexington. It features short fiction, essays, poetry, photography, and artwork. The publication is overseen by a volunteer editorial board which sets the criteria for submission and selects entries for inclusion.

Submissions to the tenth edition, Summer 2022, are now being accepted until March 25. If you are 60+, live or work in Lexington and are interested in having your work considered for this upcoming issue, please see the submission guidelines on the Friends of the Lexington Council on Aging website: www.friendsoftheco.org.

The Winter 2022 edition was partially funded by the Murphy Group Lexington, Home Instead Senior Care, Enterprise Bank, and Trudeau and McAvoy, LLP. The FCOA is again looking for local sponsors to underwrite the Summer 2022 edition. Local sponsors will be identified on the inside front and back covers of the journal and on the FCOA website.



Lexington Human/Senior Services
Lexington Community Center
39 Marrett Road
Lexington, MA 02421

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Partial funding for the distribution of this newsletter is supported by a grant from the Executive Office of Elder Affairs.

Lex Cafe - Senior Dining (age 60 plus) - Grab & Go or In-Person (call please)

Lunch: Monday, Wednesday, and Friday, 12 noon. To make a reservation or cancellation please call Despina at 781-325-1613 by 10:00 a.m. the previous day. Weekly menus can be found in the dining room at the Community Center. Suggested donation is \$2. Menus subject to change. Deluxe meal site is coordinated by Minuteman Senior Services.

Minuteman Senior Services Indian Meal (age 60 plus) - Grab & Go or In-Person (call please)

Join us the first Tuesday of the month from 11:45 a.m. to 12:45 p.m. for a vegetarian Indian meal. Sign-up for March 1 begins February 22 and ends February 25 at 10 a.m. Sign up for April 5 begins March 28 and ends April 1 at 10 a.m. **Food orders are called in the Friday before the lunch - no exceptions.** **Suggested donation is \$2. To make a reservation or cancellation please call Despina at 781-325-1613.**

Newsletter

The Sage newsletter will be sent out automatically by mail to Lexington residents age 60 and over. For others who wish to receive the newsletter, it can be picked up at Town Offices, Cary Library, or at the Community Center. Please consider helping us "Go Green" and save money on printing and postage by getting your newsletter by e-mail. If you would like to receive the newsletter electronically, please sign up at www.lexingtonma.gov/email
To be removed from the Post Office mailing please email gjefferson@lexingtonma.gov

The Friends of the Council on Aging (FCOA)

Suzanne Caton * Peter Holland, President * Sudhir Jain * Janice Kennedy

Mickey Khazam * Lorain Marquis * Shirley Stolz * Jane Trudeau * Chris Worcester * Emery Wilson

The "Friends" is a non-profit organization that provides advocacy and monetary support for senior programs, trips, special meals, and services. They meet virtually at 9:30 a.m. on the 3rd Thursday of every month. For more information please visit their website at <http://www.friendsoftheco.org>. If you would like to make a donation to the FCOA, you will find donation envelopes at the Community Center. Mail to P.O. Box 344, Lexington, MA 02420.

The Council on Aging Board

Betty Borghesani * Ellen Cameron, Vice-Chair * Camille Goodwin * Sudhir Jain

Jyotsna Kakullavarapu * Julie Ann Shapiro, Co-Chair

Sandra Shaw * Bonnie Teitleman, Secretary * John Zhao, Co-Chair

The COA Board meets monthly virtually. The next meetings are **March 2 & April 6 from 2:30 - 4:00 p.m.** Working in collaboration with Human Services staff, the COA advocates for Lexington seniors and advises the Town Manager on policy issues. The COA Board invites you to attend.

Your Public Officials

Jill Hai, Chair * Douglas M. Lucente, Vice-Chair * Joseph N. Pato * Suzanne E. Barry * Mark Sandeen

The Select Board members have office hours by appointment only to meet with interested citizens to receive comments, suggestions, and concerns. Reach the Select Board's Office by phone at 781-698-4580 or at <https://www.lexingtonma.gov/select-board>